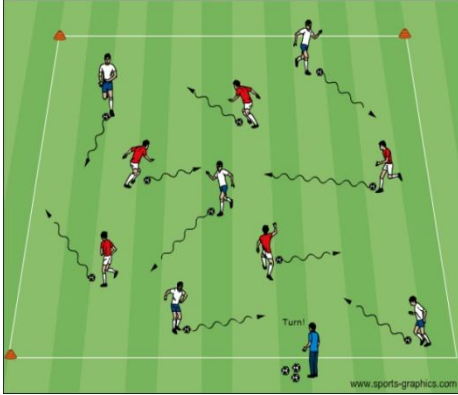
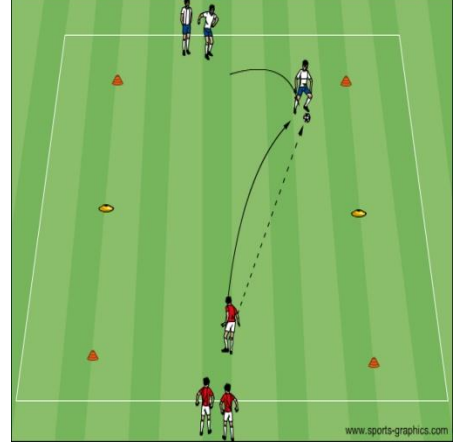
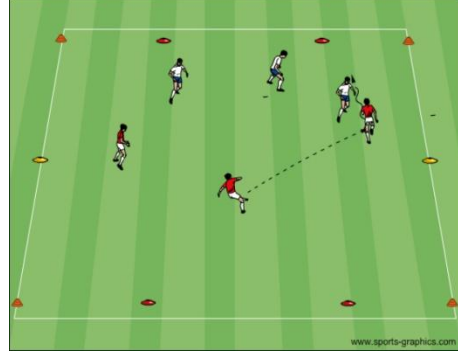


# 2011 - U10 - Lesson Plan - Week Eleven

## Topic: Dribbling for Penetration

Objective: To improve player's confidence, their dribbling ability and the recognition of when to take opponents on

Technical Warm up	Organization	Coaching Pts.
	<p><b>Technical Box:</b> All players dribbling in a defined space. Players should use all surfaces of their feet. <b>Coach:</b> Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, “change”, “turn”, etc. <b>Version 2:</b> Walk around and put pressure on the players. <b>Version 3:</b> Players will try to knock each other's soccer balls out of the grid while maintaining possession of their own.</p>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Use all surfaces of the foot               <ul style="list-style-type: none"> <li>○ Inside/outside</li> <li>○ Sole</li> <li>○ Laces</li> </ul> </li> <li>• Keep your head up and use peripheral vision</li> <li>• Change of direction and burst of speed</li> <li>• Be creative – try something new</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p style="text-align: center;"><b>Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
	<p><b>1v1 to End Lines:</b> In a grid 10x15 yards with end lines. Two players try to score by beating the defender and dribbling over 10 yard line opposite to them. Players keep score. <b>Coach:</b> Make groups of 4 or 5 players per grid. Switch a few players between grids every 2-3 minutes.</p>	<ul style="list-style-type: none"> <li>• Keep the ball close to you under control</li> <li>• Execute a feint to unbalance the defender and dribble past them with a burst of speed</li> <li>• Use the outside of the foot or laces when dribbling for speed with furthest foot from the defender</li> <li>• Encourage players to be creative with the ball at their feet</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
	<p><b>3v3 or 4v4 to End Zones:</b> Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the End-Zone. <b>Coach:</b> Encourage players to recognize opportunities to burst into space under control.</p>	<ul style="list-style-type: none"> <li>• Work together to score</li> <li>• Verbal &amp; visual communication</li> <li>• Use support players to make attacking decisions</li> <li>• Encourage players to be creative and take risks near the end zone.</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p style="text-align: center;">Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	